

# Keep our students and classrooms healthy!

## Dear Parents or Guardians,

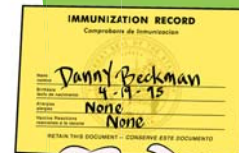
Your preteen is growing up quickly and will soon become a young adult. You can help your preteen prepare for the changes ahead by checking in with his/her doctor.

At your preteen's doctor visit, you and your child can talk to the doctor about important ways to stay healthy, like eating right and being active.

The doctor will also recommend immunizations to protect your child from some serious diseases—diseases that can spread quickly through schools. Some immunizations help strengthen your child's baby shots and others are new for preteens. If your child is protected, his/her school will also be protected.

Keep your child, family, and school healthy.

Call your child's doctor and schedule their preteen doctor visit today! Remember to bring your child's yellow immunization card.



## Help Your Preteen Relax During Shots

### *Encourage your preteen to:*

- Bring along his/her favorite music
- Remember to breathe—take slow, deep breaths
- Make eye contact with you or another supportive person
- Close his/her eyes and think of a favorite place or activity
- Focus on something in the room, like a poster
- Tell you about a fun upcoming activity